TULPA TWINS

AT THE OMNI MOUNT WASHINGTON RESORT & SPA

By Paul Dale Roberts, Halo Paranormal Investigations

Some calls to my paranormal hotline are strange. Others are downright unforgettable. One that stayed with me came from KiLee Harris, a woman from Maine who visited the Omni Mount Washington Resort & Spa in Bretton Woods, New Hampshire back in 2011.

What she experienced wasn't your typical haunting. It was something a little harder to explain — and may point to the eerie power of the mind itself. It was the kind of encounter that lingers in the back of your thoughts, waiting for you to question whether it really happened at all. You replay it, not to remember it more clearly, but to make sense of how something so fleeting could feel so real.

Before I share KiLee's story, let's set the scene.

A Haunted Legacy in the White Mountains

Built in 1902 by railroad magnate Joseph Stickney, the Omni Mount Washington Resort is a striking red-roofed grand hotel nestled in the White Mountains. The architecture alone conjures the past — but it's what lingers behind the plaster and mahogany that attracts paranormal investigators from around the country.

The most famous spirit said to walk the halls is Carolyn Stickney, Joseph's wife and later a French princess by marriage. After his death, Carolyn continued to spend her summers at the hotel for decades. Staff and guests say she never really left. Known affectionately as The Princess, she's often spotted in elegant Victorian dress, drifting gracefully through hallways or sitting on the edge of the bed in Room 314, her old private quarters.

Another ghost said to roam the grounds is Charles Cook, a longtime caretaker, often seen in the stables or watching guests in silence before fading from view. Visitors have also reported lights flickering, doors knocking with no one behind them, phantom perfume, and the classic trickster activity of objects vanishing and returning in unexpected places.

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An Encounter With Something 'Created'?

KiLee didn't see the Princess. She didn't hear ballroom music or smell perfume in the night. Instead, her experience veered into much stranger territory. She claimed to have seen two twin girls staring at her from the end of the hallway. The very same twin girls from the movie *The Shining*.

To her, it made perfect sense. She'd long believed that the Omni Mount Washington had inspired Stephen King's Overlook Hotel. But that's not quite true. King famously credits The Stanley Hotel in Estes Park, Colorado, for sparking the idea, while the exterior shots in Stanley Kubrick's film version came from Timberline Lodge in Oregon.

When I explained that to KiLee, she was surprised — and then intrigued. Because the twins she saw weren't part of this hotel's lore. They were fictional characters. Yet she saw them. Clear as day.

When Thoughts Take Shape: The Tulpa Theory

I told KiLee she may have encountered what's known as a tulpa — a concept from Tibetan mysticism that refers to a being or object created through spiritual or mental power alone. In paranormal circles, a Tulpa can manifest when someone believes so strongly in a figure that it becomes real, at least in a perceptual sense.

There are famous cases. Pulp writer Walter B. Gibson, creator of *The Shadow*, reportedly projected his character so vividly that visitors to his home claimed they saw the fedora-wearing figure in person. More recently, the internet urban legend Slenderman has been linked to similar thoughtform phenomena.

KiLee had focused on *The Shining* twins so intently — from the moment she booked her stay to the moment she walked those long, echoing corridors — that she may have created them herself.

When I asked her if she'd ever seen them again, she said no. Just that one visit. But the experience lingered with her for years, disturbing her enough that she finally called me, seeking some sort of closure.

Haunted or Imagined — Does It Matter?

The Omni Mount Washington Resort is steeped in both history and hauntings — a place where echoes of the past seem to linger in the woodwork. But for KiLee, the most chilling ghost wasn't one of the hotel's well-documented spirits. It was something conjured from memory, fear, and belief — a specter born not from the building's past, but from the dark corners of her own imagination.

Does that make it any less real? Or more terrifying? That depends on what you believe.

Because in the world of the paranormal, the most unsettling encounters aren't always with what's already there — they're with what we bring with us.◆